



For this activity, you are invited to go outside – whether that is laying down on a blanket on a nearby patch of grass, a deck chair on a front porch or back deck, sitting on a sandy beach beside lapping water, or tucking yourself under the shelter of a tree.

Take this guide with you, and a pen. Once you're settled in comfortably somewhere, take a moment to look around, to orient yourself to the physical space where you are; also to consider how you're showing up to this space.

# The Mystery of Time

"There is a time for everything, and a time for every activity under heaven." Ecclesiastes 3:1

As we enter the summer season, we thank Creator God for the gift of creation, and for the changing seasons.

We thank Him for

the longer days,

the warmth of the sun on our face,

the feeling of grass or sand between our toes.

for the coolness of the evenings sitting on a porch or deck.

The Lord invites us to acknowledge and appreciate each season and for the gift that comes with a changing season in the environment around us. As humans living in an everchanging world, we can also recognize that our lives are ever-changing; so there is an invitation to also take note of the season of life we are presently in.

For the next few moments, you are invited to engage your senses and notice the environment around you:

- Look up at the sky.
  - Is it day or night?
  - Morning or evening?
- Notice how your body is experiencing the environment.
  - What is the temperature outside?
  - Does your skin feel warm or cool to the touch?
  - Can you feel a gentle breeze, or is the air still?

### Listen to the sounds around you.

- What do you hear?
- The wind rustling through the trees?
- Crickets in the grass?
- The rain hitting surfaces around you?
- The cars driving by?
- Allow your other senses to slow down, close your eyes for a moment and listen... What do you hear?

#### · Look around again.

- Is the sky clear so that you can see the sun, moor or stars?
- Or, is it cloudy or overcast?
- Scan the sky and the ground around you. What do you see today that you haven't always noticed since you are usually moving around so quickly in this environment?

Jeremiah 32:17 reminds us that our Sovereign Lord made the heavens and earth.

"Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you."

Take 3 deep, slow breaths and place one hand over your head and another hand over your heart. You're invited to take stock of what is occupying your heart and mind in this season.

# What is the season of your soul?

Write in the space below. (Try to take note of these things without judgement or solution-seeking. If you notice your mind wandering or getting stuck in a loop or a place of worry or judgement, gently redirect your attention back to writing down what is taking up room or space in this season of your life).

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"Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you." Jeremiah 32:17

CONSECRATION PRAYER: Thank you Lord that you are Sovereign. That the same God who created the heavens and the earth is concerned with my life and my circumstances. And the things that occupy my heart and soul also matter to you. Nothing is too hard for you, God. I give this circumstance to you now, and the next time it takes up space in my life and heart. Amen.

"He has made everything appropriate in its time. He has also put eternity in their hearts, but no one can discover the work God has done from beginning to end." Ecclesiastes 3:11 Think back over a previous season in your life that you are now out of, and how the Sovereign Lord carried you through that or blessed you in a way that you needed it. Draw image(s) / graphic(s) / symbol(s) to depict what that previous season meant to you and how the Lord provided for you in that time.

Now draw an image, graphic or symbol below representing this present season of your life. Reflect on this and invite Holy Spirit to guide you to a space where you see evidence of God's presence with you. Maybe you don't arrive at a place today of knowing that, so pray a prayer of Ecclesiastes,

**PRAYER:** Eternal God, put eternity in my heart, so even if I can't see your purpose in the present day, I trust that you are continuing to do a work in me now. Amen.



# BREATH PRAYER: "All Scripture is breathed out by God." 2 Timothy 3:16a

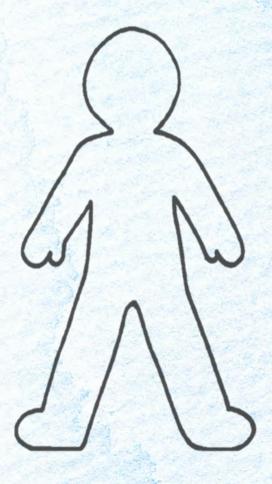
We are reminded that God has given us breath, and that God's Word is breathed by Him. And so, our breath itself can be a prayer to the Lord, our heart's cry in times when we don't have a lot!

Take 3 deep breaths in and out. As you do, say these words:

Breathe in: "My soul finds rest"
Breathe out: "in You alone."

Do a body scan. Move your way from the top of your head to the bottom of your feet and check-in on how your body feels.

- I. Take stock over the parts of you that are well. Place a checkmark on those spaces on the body below.
- 2. Notice where your body may be experiencing discomfort or pain. Circle those spaces.



For the final moments, consider this question:

•	How	is you	ar body	and you	r soul fe	eling v	veary?
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• '	Where are	places and	ways in	which	you can	allow t	he S	pirit to	meet y	ou?
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#### **CLOSING PRAYER:**

Thank you, Creator God, that in the beginning, when you made all creation and humanity, you said that we were very good (Gen 1:31). You made me very good, Lord. You made my body good. You made me in your image. And so I praise you because I am fearfully and wonderfully made (Psalm 139:14).

In Ecclesiastes, You remind us that there is beauty in every season, and so with gratitude and faith in Your goodness, I trust that you will be my Provider in this season. Help me to see the beauty of this season. Sovereign Lord, help me to receive the gift of this physical summer season; a different rhythm, a pause from the everyday. I want to accept the invitation to move differently through the days and nights of this time to receive what You have for me, God.

Nothing is too hard for you, Lord, and so I place my present circumstances in Your hands because Your word tells me that "You will strengthen and help me; You will uphold me with Your righteous right hand" (Is 41:10).

My soul finds rest in You alone. You are the Good Shepherd, and I want to rest and pause in that assurance today and in this summer season. Thank You for the gift of this time, Lord, and for the way your Holy Spirit has met me here. I love you, Lord. Amen.